

## CLAIMS

I Claim:

1. A method of inserting and integrating video data into a streaming digital medium over a communication network, the method comprising:
  - selecting a transaction for implementing video enabling services;
  - presenting to a user on a user computing device a digital form;
  - completing the digital form, wherein the digital form is used to request the video enabling services to load a browser plug-in on the user computing device;
  - using the browser plug-in to record video data;
  - uploading the video data to a media vault;
  - storing a video token into a database; and
  - loading into the user computing device the digital medium and the video data from the media vault, wherein the video token identifies and requests the video data from the media vault; and
  - presenting the digital medium and the video data on the user computing device.
2. A method according to claim 1, wherein the digital medium comprises a web page.

3. A method according to claim 1 further comprising presenting the digital form to the user in HTML format.
4. A method according to claim 1 further comprising using the browser plug-in to record video data.
5. A method according to claim 4, wherein the video data is recorded with a video camera.
6. A method according to claim 1, wherein the video token uniquely identifies the video data that is stored in the media vault.
7. A method of inserting and integrating video data into a streaming digital medium, the method comprising:
  - presenting a browser plug-in and a digital form to the user, wherein the user is prompted to complete the form;
  - uploading the video data to a media vault upon the user completing the form;
  - storing a video token in a database, wherein the video token is associated with the video data; and
  - presenting the digital medium to the user, wherein the video data from the media vault is inserted and integrated into the digital medium.

8. A method according to claim 7, wherein the digital medium comprises an email.
9. A method according to claim 7 further comprising presenting the digital form to the user in HTML format.
10. A method according to claim 7 further comprising using the browser plug-in to record video data.
11. A method according to claim 10, wherein the video data is recorded with a video camera.
12. A method according to claim 7 further comprising importing video data from a memory of a computing device.
13. A method according to claim 1, wherein the video token uniquely identifies the video data that is stored in the media vault.
14. A system for inserting and integrating video data into a streaming digital medium, the system comprising:

means for presenting a browser plug-in and a digital form to the user, wherein the user is prompted to complete the form;

means for uploading the video data to a media vault upon the user completing the form;

means for storing a video token in a database, wherein the video token is associated with the video data; and

means for presenting the digital medium to the user, wherein the video data from the media vault is inserted and integrated into the digital medium.

15. A system according to claim 14, wherein the digital medium comprises one of a web page or an email.

16. A system according to claim 14, wherein the digital form is presented to the user in HTML format.

17. A system according to claim 14, wherein the browser plug-in is used to record video data.

18. A system according to claim 17, wherein the video data is recorded with a video camera.

19. A system according to claim 14, wherein the video data is imported from a memory of a computing device.

20. A system according to claim 14, wherein the video token uniquely identifies the video data that is stored in the media vault.

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